Sleep and beverage drinking among Thai college students

Viroj Wiwanitkit

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Dear Editor, the recent report on sleep and beverage drinking among Thai college students is very interesting [1]. Lohsoon-thorn et al. mentioned for “the need to educate students on the importance of sleep and the influences of dietary and lifestyle choices” on college students’ quality and overall health [1].” Indeed, the quality of sleep among students is very important and it can affect the academic performance [2]. However, there are many other factors to be concerned. First, the anthropometric parameters of the students should be considered. Body mass index is confirmed for its relationship to the quality of sleep among students [3]. Second, in female students, menstruation is another important determinant on sleep quality. Students with premenstrual syndrome are confirmed for higher rate of sleep problem [4]. Finally, underlying psychological problems can also affect sleep quality among the students [5].

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V. Wiwanitkit (✉)
Hainan Medical University, Hainan, China
e-mail: wviroj@yahoo.com